

The Season to be Thankful by Peola Hicks

In everything give thanks; for this is the will of God in Christ Jesus for you. (1 Thessalonians 5:18)

It may seem from this passage in Thessalonians that we are being asked to give thanks for everything that happens to us—the good, the bad and the ugly. Of course, it is easy to give thanks for all the good, but the bad and the ugly, not so much.

When we find ourselves in difficult situations, it may be hard to think of anything that would cause us to utter a "thank you." I have been in those situations before, but looking back I have realized that it could have been worse. Instead of giving thanks *for* everything, I believe we are encouraged to give thanks *in* everything.

I recently heard a story from someone who has been going through a terrible time and is losing their home to bankruptcy. The breadwinner of the family felt like a failure because of their inability to continue making the mortgage payments. They were harassed by the bank and tried every conceivable option available to them. Nothing worked.

Yet when it was all over, the family confessed that they were thankful for the trial: In the midst of the hardship, they found out that by giving up the house they were, in a sense, saving their lives. There was asbestos poisoning in the house. What they were trying to cling to was not good for them. They may not have been thankful about losing their home, but they were thankful that their lives were spared.

There are many different ways to view tragic situations. This family chose to give God thanks for what they were saved from and for what they learned: how to let go and allow God to work in their lives. They learned that in everything, God is the one constant. Knowing that God does not change and is with us in every situation prompts us to give thanks. We don't always feel his presence, but take courage in the fact that he does not flee when times are tough.

Church Events

November 3rd Education Ministry will meet

November 4th

Pastor Shivers preach at Pentecostal Holiness Church

November 4th

Daylight Savings Time Ends

November 6th Election Day

November 11th Temple Nation

November 14th

Pastor Shivers preach at First Baptist Church, Franklin

November 15th Women's Ministry Outreach

November 18th – **20**th Fall Harvest Revival

November 22nd
Thanksgiving Day/Thanksgiving
Day service



Solomon's Temple 2018 Church Pre-Dedication and Dedication services – October 7-10 & October 14 $_{
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November Kingdom Schedule

November Scriptures

11/4 Colossians 3:22-24

11/11 Psalm 20:1-5

11/18 Psalm 78:68-72

11/25 Colossians 1:23-27

Welcome Schedule

11/4 Bro. James Green Sr.

11/11 Destiny Shivers

11/18 Sis. Sonjia Moore

11/25 Sis. Ella Ford

Door Opener

Bro. Kinston Shivers



Sunday, Nov. 4th

Worship Leaders Schedule

11/4 Elder Edith Shivers

11/11 Bro. James Green Sr.

11/18 Elder Karen Lee

11/25 Min. Ernest Ruffin

Servant Leaders Schedule

11/4 Sis. Shirley Haskins

11/11 Bro. James Green Sr.

11/18 Sis. Wendy Green

11/25 Sis. Turekia White

Communion Bowls

Sis. Phyllis Duck

Sis. Lucy Watkins



November 2018 CID Teaching Schedule

Educational Partners for the month of October are:

Elder Sarah Hatton, Min. Ernest Ruffin, Sis. Phyllis Duck, Sis. Wendy Green & Sis. Wendy Johnson

11/6 Min. Ernest Ruffin | Jacob's Deception | Genesis 27:5-10, 18, 19, 21-29) Youth Teachers: Sis. Shirley Haskins & Sis. Sylvia Gundy

11/13 Sis. Wendy Green | Jacob's Dream | Genesis 28:10-22 Youth Teachers: Min. Ernest Ruffin & Bro. Donald Watkins

11/20 NO CID | God's Blessing | Genesis 30:22-32, 43)

11/27 Elder Sarah Hatton | Love and Obey God | Deuteronomy 6:1-9 Youth Teachers: Min. Bertram Blackwell & Bro. James Green Sr.

December Adult CID Teachers

Educational Partners for December are: Elder Edith Shivers, Min. Cynthia Edwards, Sis. Shirley Haskins, Sis. Lucy Watkins

Lessons to be taught for the Month

12/4 Love and Serve God (Joshua 24:1-3A, 13-15, 21-24) 12/11 Love and Worship God (Psalm 103:1-17A, 21, 22)

December Youth CID Teachers

12/4 Elder Karen Lee & Sis. Tanisha White 12/11 Elder Margaret S. Thomas & Sis. Faye Thompson

12/18 & 12/25 No CID/Bible Study

Newsletter Submissions

Do you know someone who is doing great things in the community, school, or church? Nominate them to be the Solomonite of the Month. This person can be a youth or an adult. Don't forget to recognize those celebrating an anniversary, graduation (from high school, college, or any other), or special occasion. We also want to know about those who have made the honor roll. Let's not forget baby announcements, bible humor or recipes. If you have a story or idea that you would like to incorporate into the newsletter, forward the story to steeretary1@gmail.com or leave the idea on the secretary's desk.



New to Solomon's Temple?

First of all **WELCOME!** We are so pleased that you have come to visit our church. Whether you are just inquiring about our church, a new visitor, or simply want to see if Solomon's Temple is the right fit for you and your family, we are grateful to have you among us. We hope you will find your spiritual home here. Here at Solomon's Temple, we offer many exciting ministries to assist in your daily walk.

Solomon's Temple holds New Disciple Orientation sessions that can provide information about our church, what we offer and what to expect from your church family. If you have any questions, please contact Elder Sarah Hatton, Elder Wavne Hatton, or Bro. James Green Sr.

Don't forget to vote. Your vote counts.

ELECTION DAY NOVEMBER 6, 2018



November Schedule of Events





DATE	TIME	EVENT			
11/1/18	6:00pm/7:00pm	Praise Team rehearsal/Mass Choir rehearsal			
11/3/18	10:00am	Education Ministry will meet			
11/4/18	2:00pm	Pastor Shivers preach at Pentecostal Holiness Church, Church Anniversary service, Choir and Ushers are asked to serve.			
11/6/18	6:30pm/7:15pm	CID Session/Bible Study			
11/8/18	7:00pm	Sons of Solomon rehearsal			
11/10/18	3:00pm	Elder Karen Lee will preach at White Oak Springs Missionary Baptist Church for their Rainbow Banquet. Tickets are \$10.00. Please see Elder Lee if you would like to purchase a ticket.			
11/11/18	All Day	Veterans Day			
11/11/18	9:00am	Temple Nation			
11/11/18	During service	Baby Dedication: Ke'lani Brown, daughter of Mercedi Brown			
11/13/18	6:30pm/7:15pm	CID Session/Bible Study			
11/14/18	7:00pm	Pastor Shivers preach at First Baptist Church, Franklin Church Anniversary. Choir and Ushers are asked to serve.			
11/15/18	6:30pm	Youth Choir rehearsal			
11/15/18	5:30pm-7:00pm	Women's Ministry Outreach			
11/18/18	3:00pm	Fall Harvest Revival – Guest: Rev. Dr. Eugene Austin, Morning Star Baptist Church, Virginia Beach, VA. Dinner will be served at 2:00p.m.			
11/19/18	7:00pm	Fall Harvest Revival – Guest: Rev. Billy Hunter, Campbell Chapel A.M.E. Church, Carrollton, VA			
11/20/18	7:00pm	Fall Harvest Revival – Guest: Rev. Glenn Lyttle, Olive Branch Baptist Church, Suffolk, VA			
11/22/18	9:00am	Thanksgiving Day service/Happy Thanksgiving			
11/27/18	6:30pm/7:15pm	CID Session/Bible Study			
11/29/18	6:00pm/7:00pm	Praise Team rehearsal/Mass Choir rehearsal			

Solomon's Temple Outreach Ministry Is In Full Effect!

Please let us know if anyone is in the hospital, in-outpatient surgeries and death in the family or any other life changing event (medical or death). We have "Care Teams" for each month that is willing and ready to contact you. We love our church family and we believe love is not what it says – it's what it does.

Care Team for the Month

Sis. Faye Thompson Sis. Alice Day Sis. Wendy Green



Bereavement Ministry

The purpose of the Bereavement Ministry is to provide comfort and support to disciples of Solomon's Temple during time of loss of a loved one, and to show love to our disciples and assure them that they are not alone during this difficult time in their lives. We have "Spiritual Support Care Teams" to help you in this

Bereavement Team for the month of November

Sis. Kathy Greene & Bro. Donald Watkins

He give us *comfort* in all our troubles. Then we can *comfort* other people who have the same troubles. We give the same kind of *comfort God* gives us." 2 Corinthians 1:4

25.	18. 3:00pm Fall Harvest Revival (Dinner at 2:00pm)	Temple Nation Baby Dedication Happy Anniversary Carl & Phyllis Duck Veterans Day	2:00pm Pastor Shivers preach at Pentecostal Holiness Church Daylight Savings Time Ends		Sunday	
26.	19. 7:00pm Fall Harvest Revival	12.	Ċ.		Monday	Q
27. 6:30pm CID session 7:15pm Bible Study	20. 7:00pm Fall Harvest Revival	13. 6:30pm CID session 7:15pm Bible Study	6. 6:30pm CID session 7:15pm Bible Study ELECTION DAY		Tuesday	VE
28.	21.	14. 7:00pm Pastor Shivers preach at First Baptist Church, Franklin	7.		Wednesday	B
29. 6:00pm Praise Team rehearsal 7:00pm Mass Choir rehearsal	22. 9:00am Thanksgiving Day service Happy Thanksgiving	15. 6:30pm Youth Choir rehearsal 5:30pm Women's Ministry Outreach	8. 7:00pm Sons of Solomon rehearsal	1. 6:00pm Praise Team rehearsal 7:00pm Mass Choir rehearsal	Thursday	FR
30.	23.	16.	9.	2.	Friday	20
	24.	17.	10. 3:00pm Elder Lee preach at White Oak Springs	3. 10:00am Education Ministry will meet	Saturday	

2018 Theme: The Year of Elevation – 1st Peter 5:6



November Birthdays Happy Birthday

Rodney Murphy Khadedra Vaughan Jay'Vion Pierce Willie Turner, Jr. Faye Thompson Wendy Johnson Tierra Rawls Shagan Gatewood Antonio Dixon Davaren White Jowanda Smith-Hawkins Cedric Parker November 28th

November 7th November 16th November 18th November 19th November 20th November 22nd November 22nd November 22nd November 23rd November 26th November 28th



November Anniversary Happy Anniversary



Carl & Phyllis Duck

November 11th



Prayer List

Sis. Vernell Brown Sis. Mary Diggs Sis. Lonnie Batten Sis. Connie Payne Sis. Vernell Wrenn Sis. Ruby Clarke Sis. Mary Cornick Sis. Florence Turner Sis. Sonjia Moore Sis. Tami Drew Bro. James Green Sr. Sis. Marion Smith Sis. Frances Wells-Robertson Sis. Mattie Turner Mr. Carl Duck

Sis. Angela Batten Bro. Grayland Robinson The Hatton Family The Gatewood Family **Bereaved Families**

If there are any names that need to be added to the list, let the church administrator know. Thank You.

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." ~ Isaiah 41:10



You are cordially invited to the:

2nd Annual Community Christmas Tree Memorial Ceremony Theme: An Ornament of Love

When: Saturday, December 8, 2018

Where: Shivers Funeral Chapel

12749 Courthouse Highway

Smithfield, VA 23430

(757) 357-9500

Time: 5:00pm

Come decorate the tree in Memory of your deceased loved one. Please RSVP the name, date of death, and a picture of your loved one by Monday, November 19, 2018 to efficiently prepare the tree ornaments.

Light refreshments will be served.

K. D. Shivers & E. R. Shivers Owners/Licensed Morticians





Solomon's Temple 2018 Officers List

LEVITES

Elder Edith Shivers - CP Elder Sarah Hatton - ACP

Elder Karen Lee

Elder Margaret Shivers-Thomas

Elder Wayne Hatton Min. Bertram Blackwell Min. Cynthia Edwards Min. Ernest Ruffin

SERVANT LEADERS

Phyllis Duck - CP Lucy Watkins - ACP Wendy Green James Green Sr. Turekia White Shirley Haskins Sylvia Gundy **Donald Watkins** Wendy Johnson (SIT) Kathy Greene (SIT) **ARMOUR-BEARER**

Terry Rawls - CP Elder Karen Lee - ACP **Brandon Newsome** Rodney Murphy **Phyllis Duck**

SECURITY

Terry Rawls - Advisor Corey Brown - CP **Lavores White Grayland Robinson**

Earl Moton

Shagan Gatewood **Donald Wells** James Green Sr. James Green Jr. Angela Batten Sheila Brown

FINANCE SECRETARY

Elder Karen Lee Jackie Ruffin - Asst. **FINANCE COMMITTEE**

Hope Parker Jessica Smith Wanda Clarke Tanisha White Shaquita Taylor Trustees

CHURCH ADMINISTRATOR

Elder Margaret S. Thomas Donald Watkins - Asst.

TREASURER Ray Holmes - CP

Theodore Gundy - ACP

BEREAVEMENT MINISTRY

Min. Bertram Blackwell - CP Donald Watkins - ACP

EDUCATION MINISTRY

Elder Margaret S. Thomas - CP Elder Wayne Hatton - ACP Donald Watkins - ACP

NEW DISCIPLES MINISTRY

Elder Sarah Hatton - CP Elder Wayne Hatton - ACP James Green Sr. - ACP

OUTREACH MINISTRY Wendy Green - CP

Desiree Brown - ACP Deborah Williams - ACP TRUSTEE MINISTRY

Ray Holmes - CP Lena Holmes - ACP Earl Moton - ACP Theodore Gundy Linda Jordan

Frances Wells-Robertson

Marcus Smith **Barry Nichols** Cynthia Watson Willie Turner Jr. **Donald Wells**

Willie Turner Sr. - Emeritus

PRAISE DANCE MINISTRY

Tracy Murphy - CP Shenille Gray - ACP

Arieana Parker - CP (Youth) Imani Gray-Davis – ACP (Youth)

MEN'S MINISTRY

Elder Wayne Hatton – Advisor James Green Sr. - CP Min. Ernest Ruffin - ACP Donald Watkins - ACP Terry Rawls - ACP

WOMEN'S MINISTRY

Elder Edith Shivers - Advisor Elder Karen Lee - CP Sheila Brown - ACP Latoya Diggs - ACP **YOUTH MINISTRY**

Wendy Green - CP James Green Sr. - ACP Shenille Gray - ACP **COUPLES MINISTRY**

Pastor & Elder Shivers – Advisors Lavores & Tanisha White - CP

Theodore & Sylvia Gundy - ACP Shagan & Sarah Gatewood - ACP

MEDIA MINISTRY

Stanley Robinson - CP Tanisha White - ACP **SINGLES MINISTRY**

Min. Cynthia Edwards - CP

Linda Jordan - ACP Lisa Thompson - ACP

USHER MINISTRY

Ella Ford - CP Alice Day - ACP

YOUTHUSHERS

Hope Parker - CP Mattie Turner - ACP **BRIDGE MINISTRY**

Pastor Shivers - Advisor Kinston Shivers - CP

Jessica Smith - ACP Kevin Shepherd Jr. - ACP

HEALTHCARE MINISTRY

Shirley Haskins – CP Desiree Brown - ACP Angela Batten - ACP GREETER MINISTRY

Elder Edith Shivers - Advisor

Linda Jordan - CP Faye Thompson - ACP **MUSIC MINISTRY**

Min. Bertram Blackwell Min. of Music (Men's Ministry in charge)

Kinston Shivers - Asst. Jessica Smith - Directress Elder Wayne Hatton – CP (men) Jessica Smith - Youth Director

HOSPITALITY MINISTRY

Shirley Haskins – CP Lonnie Batten - ACP Joe Batten – ACP

INTERCESSORY PRAYER MINISTRY Donald Watkins - CP

Pastor & Elder Shivers - Advisors Elder Margaret S. Thomas - CP Min. Cynthia Edwards - ACP

BUILDING COMMITTEE

Pastor Shivers

Min. Bertram Blackwell - CP **Elder Edith Shivers Elder Wayne Hatton**

Ray Holmes Lena Holmes Earl Moton **Barry Nichols Shagan Gatewood Donald Watkins Trustees**

SOLOMON'S COUNCIL

Pastor Shivers

Elder Margaret S. Thomas – Admin.

Elder Karen Lee - Finance Theodore Gundy – Treasurer

LEVITE LAYPERSONS

Min. Bertram Blackwell **Elder Edith Shivers**

SERVANT LEADER Turekia White Phyllis Duck Kathy Greene **TRUSTEE Elaine Nichols**

Ray Holmes

FEBRUARY

Valentine Celebration (Men's Ministry in charge)

MARCH (Sun. 25th - Thurs. 29th)

Holy Week Revival

(Levite Ministry in charge)

MAY

Women's Day

(Women's Ministry in charge)

MAY 20th Ministry Day

(All Ministries Celebration)

Desiree Brown - CP Sonjia Moore - ACP Phyllis Wiggins - ACP

JUNE 10th

Youth Day

(Youth Ministry in charge)

JUNE

Men's Day

JULY 22nd

Family & Friends Day (Asher Tribe in charge)

SEPTEMBER 9th

Leading Lady Day

(Women's Ministry in charge)

OCTOBER 21st

Pastor & Church Anniversary

Lucy Watkins - ACP Earl Moton - ACP

NOVEMBER (Sun 18th - Tues. 20th)

Fall Harvest Revival Jackie Ruffin - CP

Elder Margaret S. Thomas - ACP Min. Ernest Ruffin - ACP

DECEMBER

Christmas Celebration

(Youth & Bridge Ministries in charge) New Year's Eve service (Dec. 31st) (Assembly of Servants in charge)

Solomon's Temple Tribe List

Asher Tribe	Benjamin Tribe	Joseph Tribe	Levi Tribe
Shirley Haskins Tribe Leader	James Green Sr. Tribe Leader	Donald Watkins Tribe Leader	Phyllis Duck Tribe Leader
1	Wendy Green Tribe Leader	Lucy Watkins Tribe Leader	Turekia White Tribe Leader
Sylvia Gundy Tribe Leader	Trendy Steen Tribe Leader	Ducy Watkins The Leader	Turonia Winte Tribe Leader
Angela Batten	Jha'Siah Brown	Cornell Bailey	Davion Archer
Joe Batten	Dana Cary	Bertram Blackwell	Kayla Battle
Lonnie Batten	Aiyanna Chapman	Shakina Boone	Vernessa Black
Aalani Brown	Allan Clark	Mercedi Brown	Jai'Aja Brock
Corey Brown	Nytara Clark	Mary Cornick	Jai'Ciana Brock
Denise Brown	Latoya Diggs	Alice Day	Sheila Brown
Desiree Brown	Jordan Elliott	Hilja Diggs	Craig Clarke
Tamara Brown	James Green Jr.	Mary Diggs	Ebony Clarke
Vernell Brown	Joyce Hagin	Cynthia Edwards	Ruby Clarke
Kimesia Burrell	Kenya Hargrove	Donna Fenner	Terren Clarke
Alma Gayton	Christopher Harper	Ella Ford	Wanda Clarke
Sharon Goodman	Lena Holmes	Joyce Greene	Seniah Cypress
Anthony Gray	Ray Holmes	Kathy Greene	Antonio Dixon
Imani Gray-Davis	Darnelle Jefferson	Trakelia Hamlin	Brandon Drew
Jayla Ğray	Mor'Netra Johnson	Tranisha Hamlin	Tami Drew
Shenille Gray	Mor'Relle Johnson	Carl Henderson	Carl Duck
Marcus Gundy	Morse Johnson	Barbara Jones	Sarah Gatewood
Theodore Gundy	Wendy Johnson	Junious Little	Shagan B. Gatewood
Jala Johnson	Linda Jordan	Earl Moton	Shagan D. Gatewood
Sierra Johnson	Karen Lee	Rodney Murphy	Sheila Gatewood
Sonjia Moore	Christine Little	Tracy Murphy	Zhaniyah Goodwin
Lekesha Moton	June Little	Barry Nichols	Regina Green
Marquis Palmer	Brandon Newsome	Elaine Nichols	Sarah Hatton
Arieanna Parker	LaQueshia Newsome	Jayla Nichols	Wayne Hatton
Hope Parker	Connie Payne	Jasmine Parker	Kianna Hill
Raven Parker	Patricia Payne	Justan Purvis	Cedric Parker
Shakilra Parker	Jay'Vion Pierce	Jessica Smith	Nasheena Roberts
Kameron Robertson	Terry Rawls	Kori Smith	Kevin Shepherd Jr.
Nikia Robertson	Tierra Rawls	Kristiana Smith	Edith Shivers
Dorothy Robinson	Ernest Ruffin	Marcus Smith	Kinston Shivers
Grayland Robinson	Jackie Ruffin	Katrina Suiter-Fulgham	Pastor K. D. Shivers
Stanley Robinson	Alonzo Taylor Jr.	Castachia Turner	Beretta Smith
Valerie Robinson-Ford	Jerrica Taylor	Charles Turner	Jowanda Smith-Hawkins
Courtland Shivers	Jordan Taylor	Christian Turner	Marion Smith
Deloris Shivers	Kaden Taylor	Florence Turner	Faye Thompson
Destiny Shivers	Kyrah Taylor	Mattie Turner	Lisa Thompson
Latisha Shivers	Shaquita Taylor	Melissa Turner	Donald Wells
Margaret Shivers-Thomas	Charlotte Wellons	Melvin Turner	Shermiyah Wells
Khadedra Vaughan	Davaren White	Quenten Turner	Zhaetwan Wells
Willie B. Warren	Derica White	Stacy Turner	Zhamir Wells
Cynthia Watson	Brittany Williams	Taleigha Turner	Frances Wells-Robertson
Lavores White	Bryce Williams Deborah Williams	Willie Turner Jr. Willie Turner Sr.	Robert White Nathan Williams
Tanisha White	Deborait Williams	De'Ahza Williams	Nathan Williams Brent Wrenn
Micheal Wiggins		De Anza williams	
Phyllis Wiggins			Crystal Wrenn Vernell Wrenn
Kayla Williams Lenore Williams			A CHICH ANTEHH
Lenoie williams			

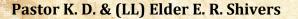
Solomon's Temple

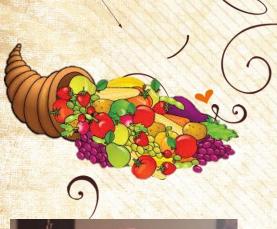
Fall Harvest Revival 2018

Sunday, November 18th -Tuesday, November 20th

2018 Theme: The Year of Elevation

(1 Peter 5:6)



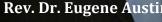


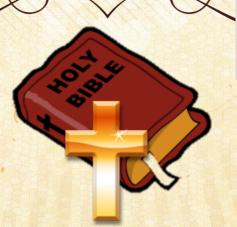


Monday, November 19, 2018 7:00pm **Guest Messenger Pastor Billy Hunter** Campbell Chapel AME Church

Carrollton, VA







Sunday, November 18, 2018 3:00pm

Guest Messenger:

Rev. Dr. Eugene Austin Morning Star Baptist Church Virginia Beach, VA



Tuesday, November 20, 2018 7:00pm

Guest Messenger Pastor Glenn Lyttle Sr. Olive Branch Baptist Church Suffolk, VA

December Upcoming Events

December 1st - Education Ministry will meet

December 2nd · 2019 Agendas are due

December 3rd & December 10th · Solomon's Council will meet

December 24th - Christmas Eve

December 25th - Christmas Day

December 30th Family & Friends Fitness Sunday

December 31st - New Year's Eve/New Year's Eve service

Attention Solomon's Temple Disciples: Please fill out a 2019 Accept/Decline form if you are interested in serving as Contact Person or Assistant Contact Person for a Ministry or as an Officer of Solomon's Temple. Give your completed form to the Church Administrator by Sunday, December 2, 2018.

Christian Humor – Jokes by January Nelson

What time of day was Adam created?

Just a little before Eve.

Why didn't they play cards on the Ark?
Because Noah was always standing on the deck

Why did the unemployed man get excited while reading his Bible?

He thought he saw a job.

How long did Cain hate his brother?
As long as he was Abel.

Who was the smartest man in the Bible?
Abraham. He knew a Lot.

Who was the greatest comedian in the Bible?

Samson — he brought the house down

Dedication of Ushers' New Uniforms Sunday, October 14, 2018



Giving Thanks When Things Don't Go Your Way by: Julia Attaway

Gratitude can be found in less than ideal circumstances. Thank you, Lord, for people who get me riled up; encountering them challenges me to respond in love. Thank you, Lord, for the awful days; they compel me to turn to You and drive me to my knees. Thank you, Lord, for suffering; it gives me the opportunity to imitate Christ. Thank you, Lord, for my mistakes; they teach me humility. Thank you, Lord, for inconveniences; they remind me that most of my life is good. Thank you, Lord, for when others get annoyed at me; that helps me see my faults, so I can confess them. Thank you, Lord, when things don't go the way I want; disappointment reminds me that I can love and serve You in all circumstances. And thank you, Lord, for all that is good that I do not notice, all the blessings I do not see, all the counsel I ignore and all the mercy You pour out on me daily. Teach me and guide me so I know and serve and praise You better each day of my life.

Verse of the Month Psalm 7:17

I will praise the Lord according to his righteousness: and will sing praise to the name of the Lord most high.

Health Care Ministry Corner

November is Lung Cancer Awareness Month

Lung cancer is a type of cancer that begins in the lungs. Your lungs are two spongy organs in your chest that take in oxygen when you inhale and release carbon dioxide when you exhale. Lung cancer is the leading cause of cancer deaths in the United States, among both men and women. Lung cancer claims more lives each year than do colon, prostate, ovarian and breast cancers combined. People who smoke have the greatest risk of lung cancer, though lung cancer can also occur in people who have never smoked. The risk of lung cancer increases with the length of time and number of cigarettes you've smoked. If you quit smoking, even after smoking for many years, you can significantly reduce your chances of developing lung cancer. Lung cancer typically doesn't cause signs and symptoms in its earliest stages. Signs and symptoms of lung cancer typically occur only when the disease is advanced. Signs and symptoms of lung cancer may include: A new cough that doesn't go away, Coughing up blood, even a small amount, Shortness of breath, Chest pain, Hoarseness, Losing weight without trying, Bone pain, headache. Make an appointment with your doctor if you have any persistent signs or symptoms that worry you. If you smoke and have been unable to quit, make an appointment with your doctor. Your doctor can recommend strategies for quitting smoking, such as counseling, medications and nicotine replacement products. The two general types of lung cancer include:

- Small cell lung cancer. Small cell lung cancer occurs almost exclusively in heavy smokers and is less common than non-small cell lung cancer.
- Non-small cell lung cancer. Non-small cell lung cancer is an umbrella term for several types of lung cancers that behave in a similar way. Non-small cell lung cancers include squamous cell carcinoma, adenocarcinoma and large cell carcinoma.